

**TIMETABLE TIMETABLE TIMETABLE TIMETABLE**

**SCHOOL OF DISOBEDIENCE**

**Multidisciplinary  
Dance Performance  
Studies**

**2024/2025**

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**MON****TUE****WED****THU****FRI**

## Week 1: inspiration

Class (3h)

Class (3h)

REST &amp; PROCESSING

Class (3h)

Class (3h)

Recommended:  
Personal work (3h)Recommended:  
Personal work (3h)Recommended:  
Personal work (3h)Recommended:  
Personal work (3h)

## Week 2: creation

Class (3h)

Class (3h)

REST &amp; PROCESSING

Class (3h)

Class (3h)

Recommended:  
Personal work (3h)Recommended:  
Personal work (3h)Recommended:  
Personal work (3h)Recommended:  
Personal work (3h)

## Week 3: presentation

Class (3h)

Class (3h)

REST &amp; PROCESSING

Class (3h)

Class (3h)

Recommended:  
Personal work (3h)Recommended:  
Personal work (3h)Recommended:  
Personal work (3h)

Evening: final showcase

## Week 4: rest & processing

5 Grounding Journal prompts delivered to your inbox to help you explore your thoughts, feelings and experiences in a centred way, reconnect with yourself and find clarity.